



Crunches will definitely help in achieving a flat tummy

Tummy tuck Vs diet and exercise

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BENEFITS OF EXERCISE ARE MULTIFARIOUS

"The benefits of a healthy diet and exercise are multifarious. Besides improving your general well-being, these two are very good ways to beat a tummy tuck," says Dr Swati Srivastava, dermatologist.

A senior cosmetic surgeon, Dr Mohan Thomas, believes that a flat abdomen means you are healthy. He says, "This not only indicates optimal strength and endurance of the person, but also his

nutritional choices and a healthy lifestyle. So, if diet and exercise are taken care of from a very early stage in one's life, the chances for a surgical tummy tuck are considerably low."

HEALTHY DIET CAN WORK WONDERS, THOUGH IT TAKES TIME

A healthy diet, combined with the right exercise, is a sure-shot way to a flatter tummy, say experts. However, one needs to be focused and knowledgeable. Dr Srivastava says, "Reduced calorie and fat intake in diet will make your body use its reserves of stored fat. Exercising daily will increase the body's metabolism and strengthen the core muscles of the abdomen. For this, you should do more of cardio workouts and abdomen-strengthening exercises. Crunches will definitely help in achieving a flat tummy." Dr Thomas adds, "Changing your eating and exercise habits will also shrink your stomach, though it will take more time."

UGLY FOLDS AND PREGNANCY

Lifestyle, a technically advanced society and added stress levels have led to an obesity epidemic. Once the weight gain has occurred, it is possible to reduce it through exercise and diet, say experts. "But this leaves an oversized enve-

lope of skin, which had covered a fatter you. The skin, too, can remodel to some extent, but then it will leave some ugly folds," states Dr Thomas.

This is a problem particularly in females who tend to get fat deposits around the lower abdomen, post pregnancy. During pregnancy, there is a phenomenal increase in the girth of the abdomen because of the growing foetus. After delivery, however, there is significant recoil. Nonetheless, there is a fair chance of those loose folds of skin and muscle, which once covered the pregnant abdomen, remaining. With diet and exercise, only the fat issue can be addressed. Minor muscle abnormalities may also get toned up in some. "However, in vast majority, the lower abdomen is never the same as it was in their pre-pregnant state," he adds.

NON-SURGICAL TUCKS?

There are multiple advertisements about non-surgical tucks — made more tempting with fantastic before-after images — that make people hopeful. Dr Thomas says, "Such promises need to be taken with a pinch of salt. Many give forged results or show someone who never got a tummy tuck done."



WASHBOARD ABS?

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